Directory available

Halton's 1994 Business Directory is now available and includes more than 2,600 companies. This directory is a valuable resource for businesses sourcing

and/or marketing their services to Halton companies and is available at a cost of \$32 plus taxes. For further information, please contact: The Region of Halton 1151

Bronte Road, Oakville, Ontario, L6M 3L1. Attention: Business Development Department. Tel: (905) 825-6300, Fax: (905) 825-8839.

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sight gags."

-Patty Spitler, WISH-TV/CBS

"A brilliant comedic

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the genius that is

Robin Williams.

He's never

been better."

-Scott Patrick, KUSA-TV/ABC

## What is appropriate

alcohol consumption? So you had a long day...and you ended that day with your favorite

moderation? The question is what is modera-

And, when is someone at risk for an alcohol related problem?

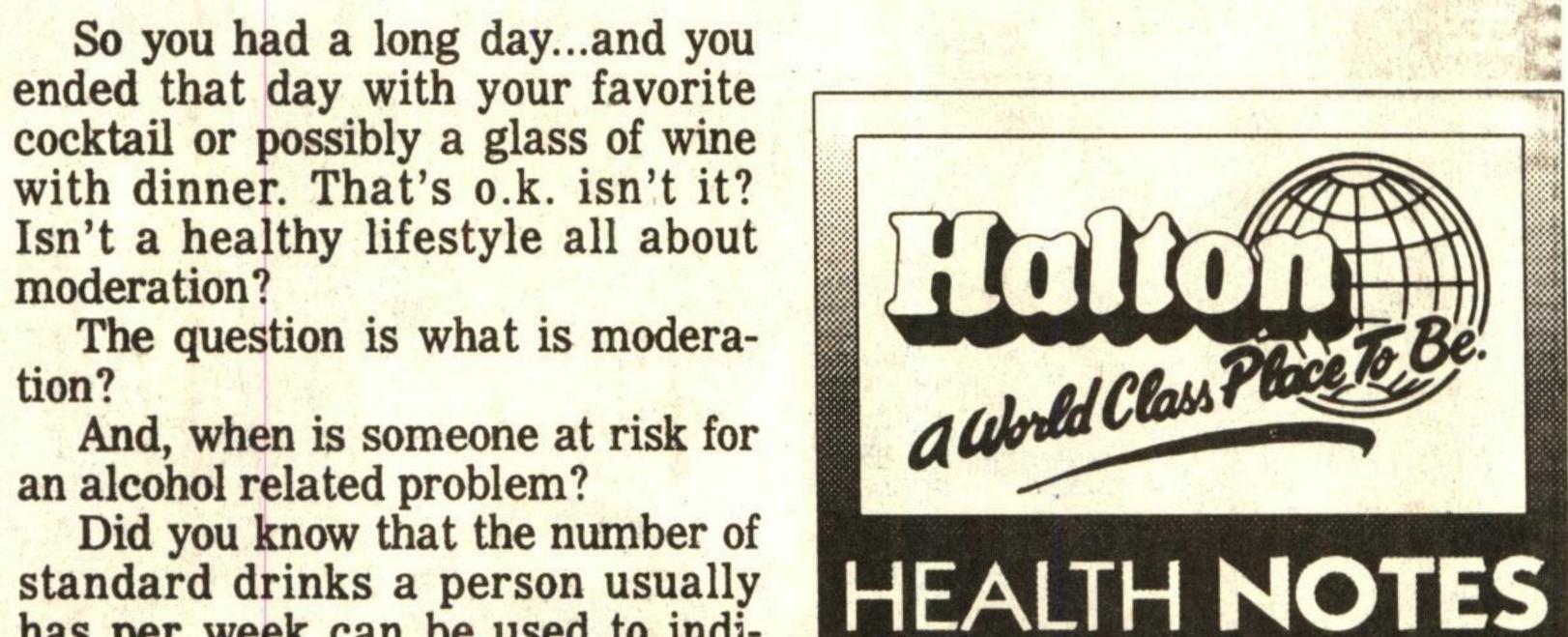
Did you know that the number of standard drinks a person usually has per week can be used to indicate potential risk for an alcohol related problem? A standard drink could be 1 1/2 oz of spirit, 5 oz of wine, or 12 oz of regular beer. The following is a list of risk categories.

No risk: no alcohol consumed. Low risk: 1 - 12 drinks per week. Moderate risk: 13 - 34 drinks per week. High risk: 34 or more drinks per week.

The total number of drinks per week should be spread out over that week and not consumed on one occasion. It is recommended that men have no more than four drinks at one time and women have no more than three.

As people consume more alcohol on a regular basis, moving higher up the risk continuum, the probability of developing a variety of alcohol related problems increases. These include: strained social relations, not only for the drinker but also for the drinker's family and the community in general; alcohol dependence; legal difficulties; and, acute and chronic health problems.

The inappropriate use of alcohol is linked to premature death. About 2 per cent of deaths in Ontario are thought to be directly attributable to alcohol and as many as 11 per cent may be alcohol related.



Heavy drinkers (35 or more drinks per week) have approximately five times the rate of health problems than the general population and twice the overall premature death rate of people of the same age and gender. Heavy alcohol use is associated with: liver disease, some cancers (e.g, stomach, upper digestive), high blood pressure, stroke and heart disease.

Alcohol is estimated to be a major contributing factor in: 30-40 per cent of deaths due to falls, fires and drowning; 10 per cent of cancer deaths; 5 per cent of deaths due to heart disease and stroke; and 40.6 per cent of all motor-vehicle accidents where the driver was killed.

Information collected that is specific to Halton indicates that 79 per cent of Halton residents drink alcohol and that 9.1 per cent of adults 20 years and over consume more than two drinks per day. Ninety per cent of males and females aged 20-44, and 85 per cent aged 45-64 believe that it is unlikely they will have a problem with alcohol in the future. Here are a few ideas to encour-

age sensible drinking. Keep track — how much are

you drinking? • Stay Alert — there will be time when the pressure to drink will be

· Learn to: resist temptation, refuse drinks without feeling guilty or antisocial.

 Don't use alcohol to cope express anger, express your opinion, express affection, assert yourself.

• Pace yourself — measure your drinks; dilute them; alternate: drinks with soft drinks; have a. snack with your drink; have no more than one drink per hour. Spend time doing other things:

— go for a walk, see a movie, read a book, learn a new skill, call a friend. For more information about sub-

stance abuse prevention contact the Health Halton Regional Department, Health Promotion Program at 825-6060. Health Notes is a column pre-

pared by the staff of the Halton Regional Health Department.

## Business offers \$500 scholarship

High school seniors who are the children of independent business owners in north Halton are eligible for a \$500 scholarship offered by

Padget Business Services. "This year's economy has created many concerns for small business owners," Wayne Chartrand of the local Padgett office said. "Among them is adequate funding

for their children's education." Applicants must be graduating from high school and planning to attend a post-secondary institution. The legal guardian of the student must be an active owner of at least 10 per cent of the stock or capital in a local business that employs fewer than 20 people. The deadline is

March 1, 1994. For an application and further information contact your high school guidance counselor or call <sup>3</sup>5) 424-2228.

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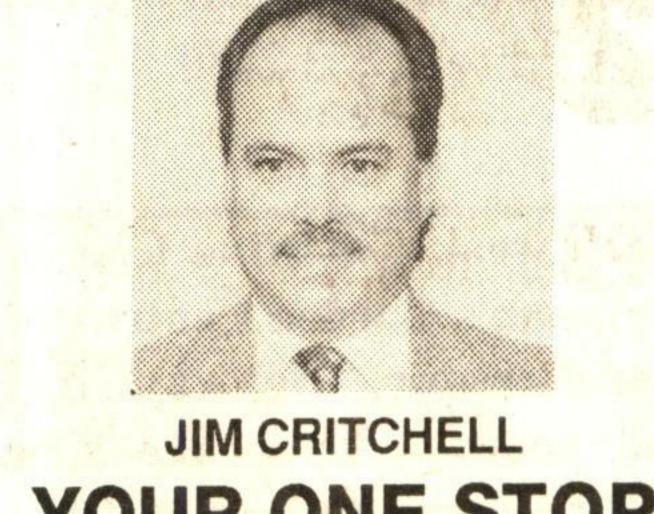
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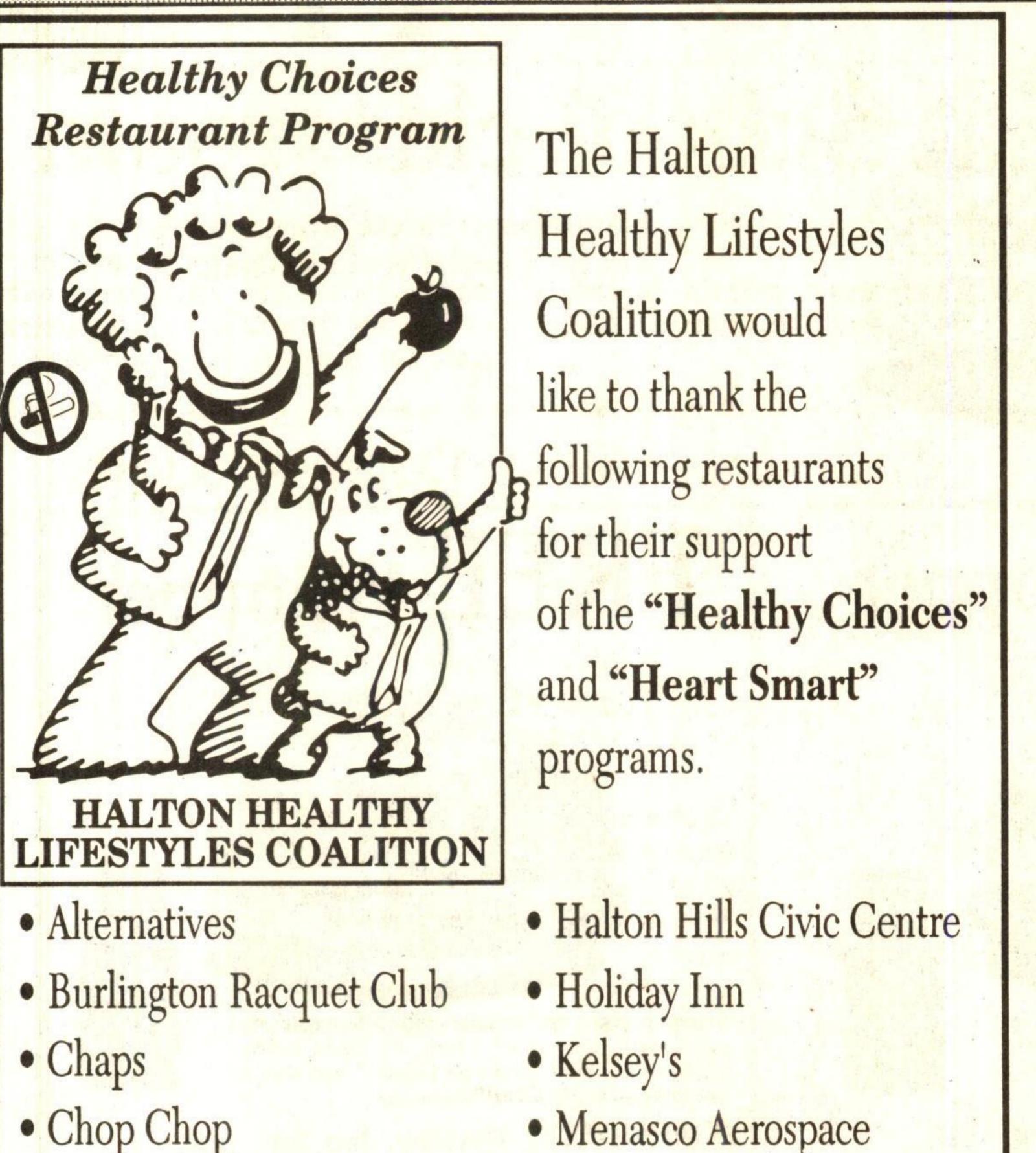
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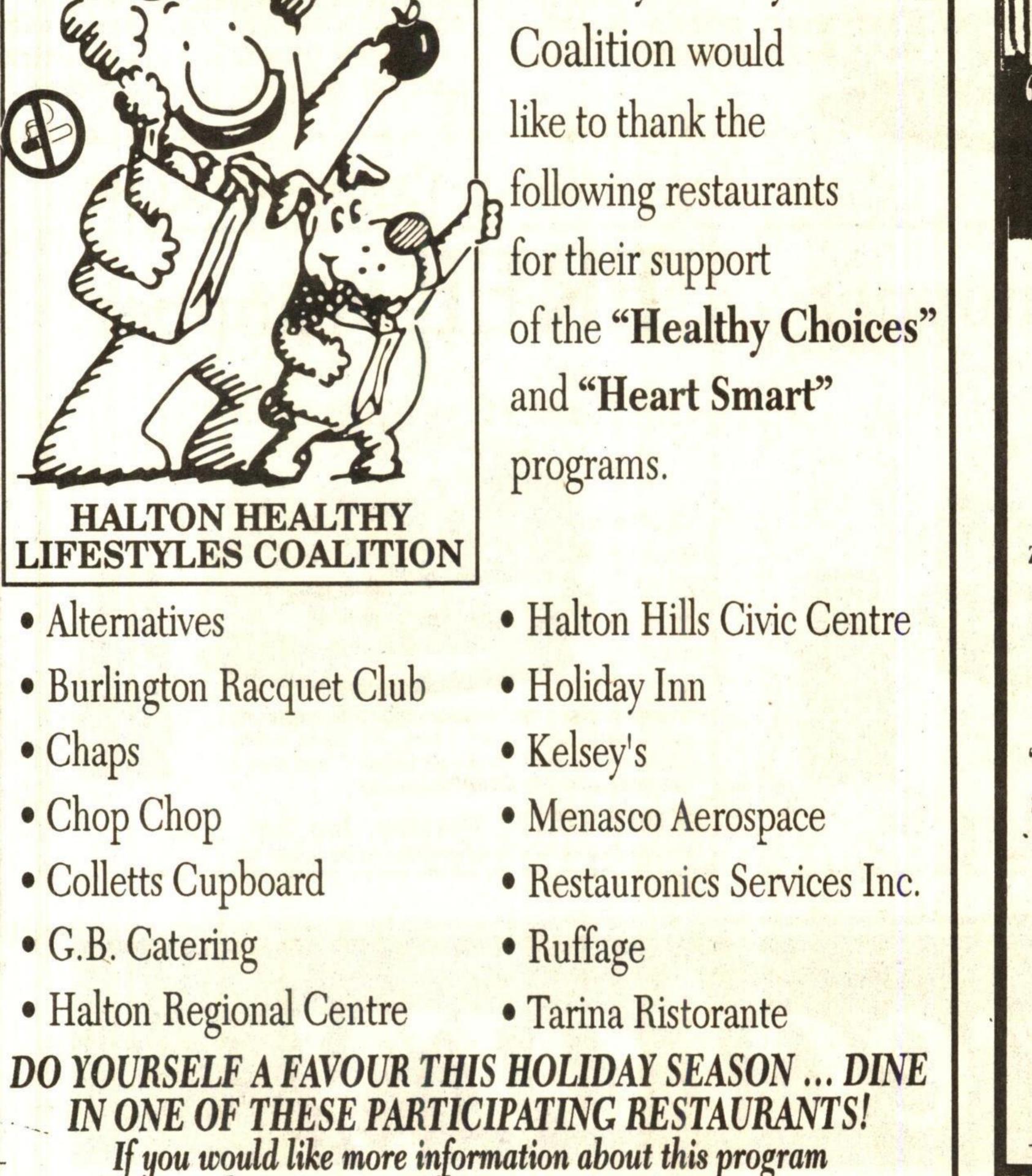
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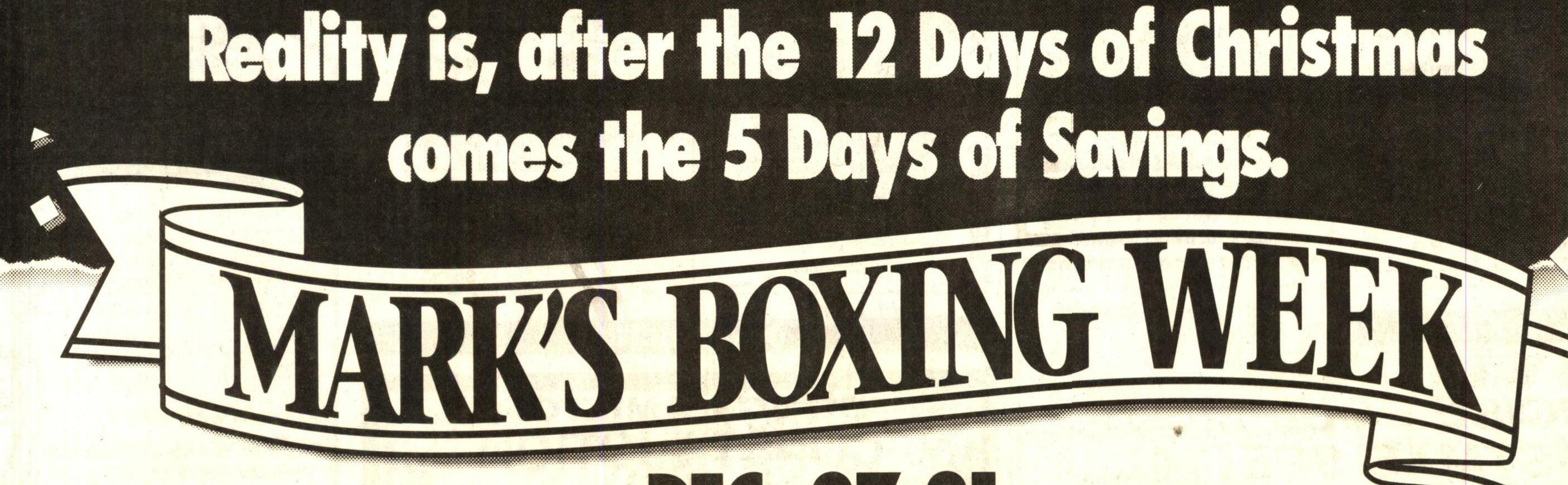
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-Neil Rosen, WNCN/NY I NEWS

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